



Specialized Recreation “CHOICES” Summer -2014

ACCESS BUS RIDERS:

Please Schedule arrival to the Rec Center **no earlier than 9:45am** And Pick up **no later than 2:00pm**.

If you arrive before our staff at 9:30am you will be left at the Rec center alone or taken back home. Your cooperation is appreciated. A **late fee will be applied for participants who are picked up late.**

DID YOU REMEMBER TO:

- Bring your lunch every day (including drink, utensils, napkin)
- Write your name on your lunch bag and/or water bottle
- Appropriately dress for the current weather conditions
- Limit the need of a microwave for lunch. (Microwave not available on field trips)
- Be sure to **ONLY BRING WHAT YOU NEED!** Please leave unneeded items at home.

Contact Numbers:

Choices Cell (206) 396-3105
 Rec Center (206) 801-2680
 Carmen Murrell (206) 801-2367
 Courtney Brown (206) 801-2635

July

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

7 10:00 Walk & Roll Trip to Mukilteo Lighthouse Park 10:30– Soccer 11:30– Lunch 12:30– Spelling Bee Remix	8 10:00 Walk & Roll Trip to Richmond Beach Concert 10:45– Music with Wendy 11:30– Lunch 12:30– Frisbee Toss	9 10:00 Walk & Roll Special Event Day!! 10:35– Grooving with Gregg 11:35– Pizza Party 12:35– Color A... *We will be providing pizza for all of the participants	10 10:00 Walk & Roll Trip to Shoreline Pool 10:30– T-ball & Kickball 11:30– Lunch 12:30– Singing with Linda
14 10:00 Walk & Roll Trip to Kenmore Lanes 10:35– Corina’s Creative Movement 11:30– Lunch 12:30– Joke Hour	15 10:00 Walk & Roll Trip to Crossroads Mall Farmers Market 10:30– Career Day* 11:30– Lunch 12:30– Soccer bowling *If you have a job, please share what you do!!	16 10:00 Walk & Roll Trip to Woodland Park Zoo 10:30– Seated Exercise 11:30– Lunch 12:30– Sign Language	17 10:00 Walk & Roll Trip to Silver Lake* 10:35– Hockey 11:30– Lunch 12:30– Karaoke
21 10:00 Walk & Roll Trip to Ravenna Park 10:30– Hoop Toss Line-up 11:30– Lunch 12:30– Yogurt Parfait Bar	22 10:00 Walk & Roll Trip to Juanita Beach Park* 10:30– Shuffleboard/Catch-a fish 11:30– Lunch 12:30– Dancing with Dave	23 10:00 Walk & Roll Trip to Carkeek Park 10:30– Make a Visor 11:30– Lunch 12:30– Money, Money, Money	24 10:00 Walk & Roll Trip to Walk around Greenlake 10:30– Bocce/Ladder Golf 11:30– Lunch 12:30– Movie & Popcorn
28 10:00 Walk & Roll Trip to Ballard Locks 10:30– Sidewalk Chalk/Washers 11:30– Lunch 12:30– Game Day/Wii Bowling	29 10:00 Walk & Roll Trip to Fred Meyer 10:30– Simon Says Fit Circle 11:30– Lunch 12:30– Sidewalk Chalk Outdoor Fun	30 10:00 Walk & Roll Trip to the Arboretum 10:30– What’s Blending? 11:30– Lunch 12:30– Picture Bingo	31 10:00 Walk & Roll Trip to a Farmboat- South Lake Union 10:30– From lemons to Lemonade 11:30– Lunch 12:30– Human Tic-Tac-Toe

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 10:00 Walk & Roll Trip to Magnuson Park 10:30– Colored Pencil Impressions 11:30– Lunch 12:30– Singing with Linda	5 10:00 Walk & Roll Trip to Bellevue Botanical Gardens 10:30– Balloon Volleyball 11:30– Lunch 12:30– Frozen Yogurt Social	6 10:00 Walk & Roll Trip to Kenmore Lanes 10:30– Soccer 11:30– Lunch 12:30– Tie Dye Socks	7 10:00 Walk & Roll Trip to the African American Museum 10:45– Music with Wendy 11:30– Lunch 12:30– Badminton
11 10:00 Walk & Roll Trip to Third Place Books 10:30– Corina's Creative Movement 11:30– Lunch 12:30– Dancing with Dave	12 10:00 Walk & Roll Trip to Hamlin Park 10:30– T-ball/Kickball 11:30– Lunch 12:30– Money, Money, Money	13 10:00 Walk & Roll Trip to Library Park Concert 10:30– Hockey 11:30– Lunch 12:30– Movie	14 10:00 Walk & Roll Trip to Woodland Park Zoo 10:35– Grooving with Gregg 11:30– Lunch 12:30– Rhyming Bingo
18 10:00 Walk & Roll Trip to Golden Gardens 10:30– Seated Exercise 11:30– Lunch 12:30– Karaoke	19 10:00 Walk & Roll Trip to Juanita Beach Park* 10:30– Ladder Golf Tournament & Art 11:30– Lunch 12:30– Sign Language	20 10:00 Walk & Roll Trip to Shoreline Pool 10:30– Sidewalk Chalk/Outdoor Fun 11:30– Lunch 12:30– Bean Bag Math	21 10:00 Walk & Roll BBQ Day!! 10:30– Outdoor Games 11:30– BBQ Lunch 12:30– Staff Choice! *BBQ is for Thursday participants only

Please make a note that our programs last day is Thursday, August 21st.

This summer we are going to have some days where we are providing food for the group. **These days are for those signed up on that specific day only.** Please keep in mind we do what we can to try our best to accommodate those with special dietary restrictions. If you would rather send your participant with their own food item, that works great as well!

Please remember during these warm summer months to bring lots of water and sunscreen!!

Summer

7/7/14– 8/21/14 *Please note date change

Fall 1

9/8/14– 10/23/14

Fall 2

11/3/14-12/18/14

*No Choices on 11/11/14 & 11/27/14